

SARATOGA MOVES

Join us for **Saratoga Moves**! Each month, a Saratoga Hospital Care Provider will join us for a group activity. We may walk, hike, jog, or bike as a group- no experience needed!*

Saratoga Hospital would like to thank the Saratoga Springs Lion's Club for sponsoring the Saratoga Moves program and encouraging healthy lifestyles.

UPCOMING EVENTS:

Saturday, October 22nd, 8:30am at Spa State Park Warming Hut

Saturday, November 19th, 8:30am at Spa State Park Warming Hut

Saturday, December 17th, 8:30am at Wilton Mall, meet in the foyer of entrance near Planet Fitness

**Anyone can join! Please register at (518) 580-2450
or online at www.saratogahospital.org/classes**



**Saratoga Springs
Lions Club**



SARATOGA HOSPITAL
people you trust. care you deserve.

*By joining, you understand that participation is voluntary and accept responsibility for your health and any resultant injury. All participants will be required to sign a liability release before exercising.